

# Tips for Better Life



**Take a 10-30 minutes walk every day.  
And while you walk, smile.**





**Sit in silence for at least 10 minutes each day.**





**Sleep for 7 hours.**



**Live with the 3 E's : Energy, Enthusiasm,  
and Empathy.**



**Play more games.**





**Read more books than you did before.**



**Drink plenty  
of water.**





**Eat more foods that grow on trees and plants  
and eat less food that  
is manufactured  
in plants.**



**Eat breakfast like a king,**

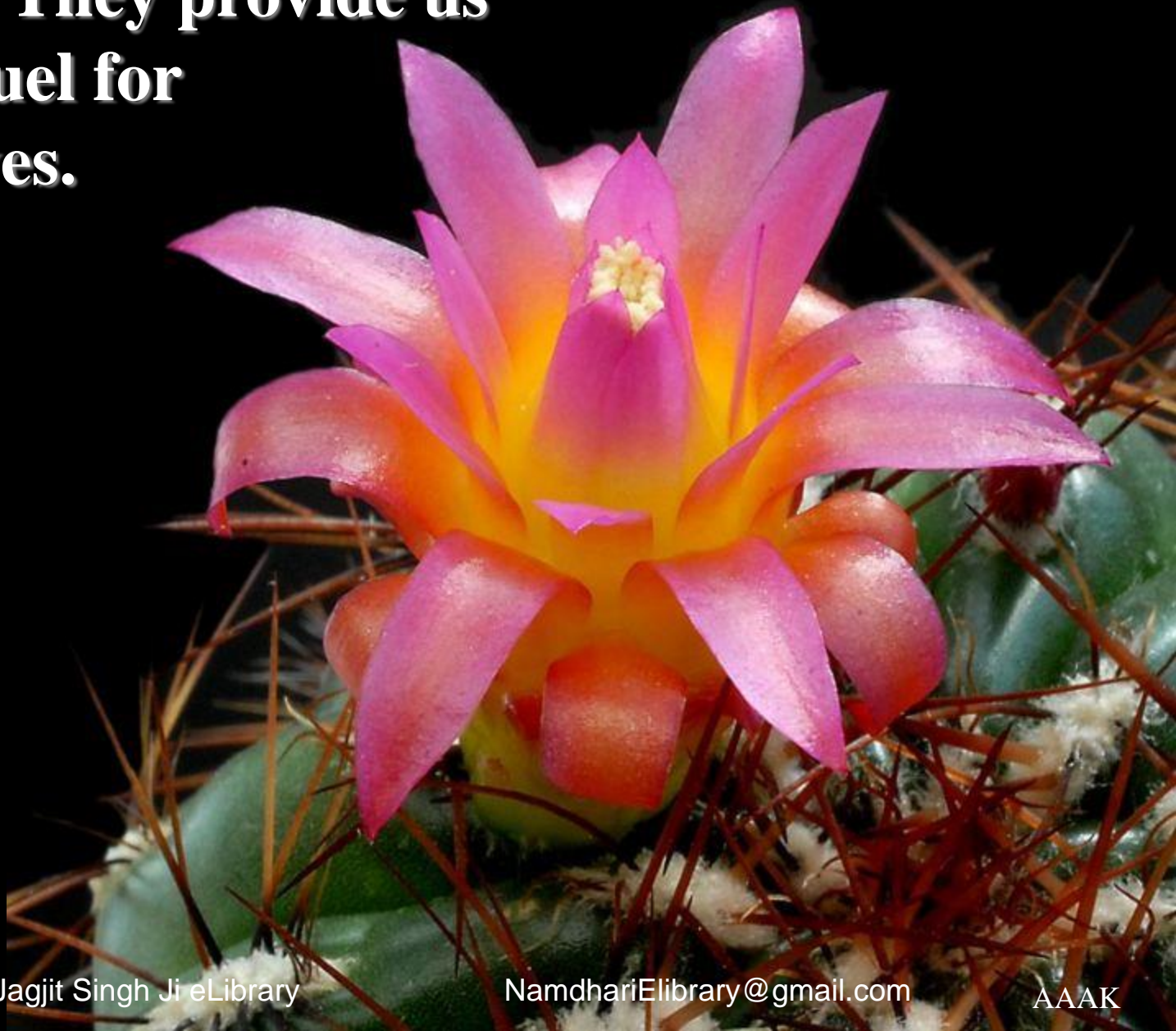


**lunch like a prince**

**and dinner like  
a beggar.**



**Make time to practice meditation,  
and prayer. They provide us  
with daily fuel for  
our busy lives.**



**Dream more while you are awake.**





**Smile and laugh more.**



**Try to make at least three people smile each day.**





**Don't waste your precious energy on gossip.**



**Don't have negative thoughts about things you  
cannot control.**



**Instead invest  
your energy  
in the positive  
present moment.**



**Spend time with people over the age of 70  
& under the age of 6.**



**Life is too short to waste time hating anyone.**



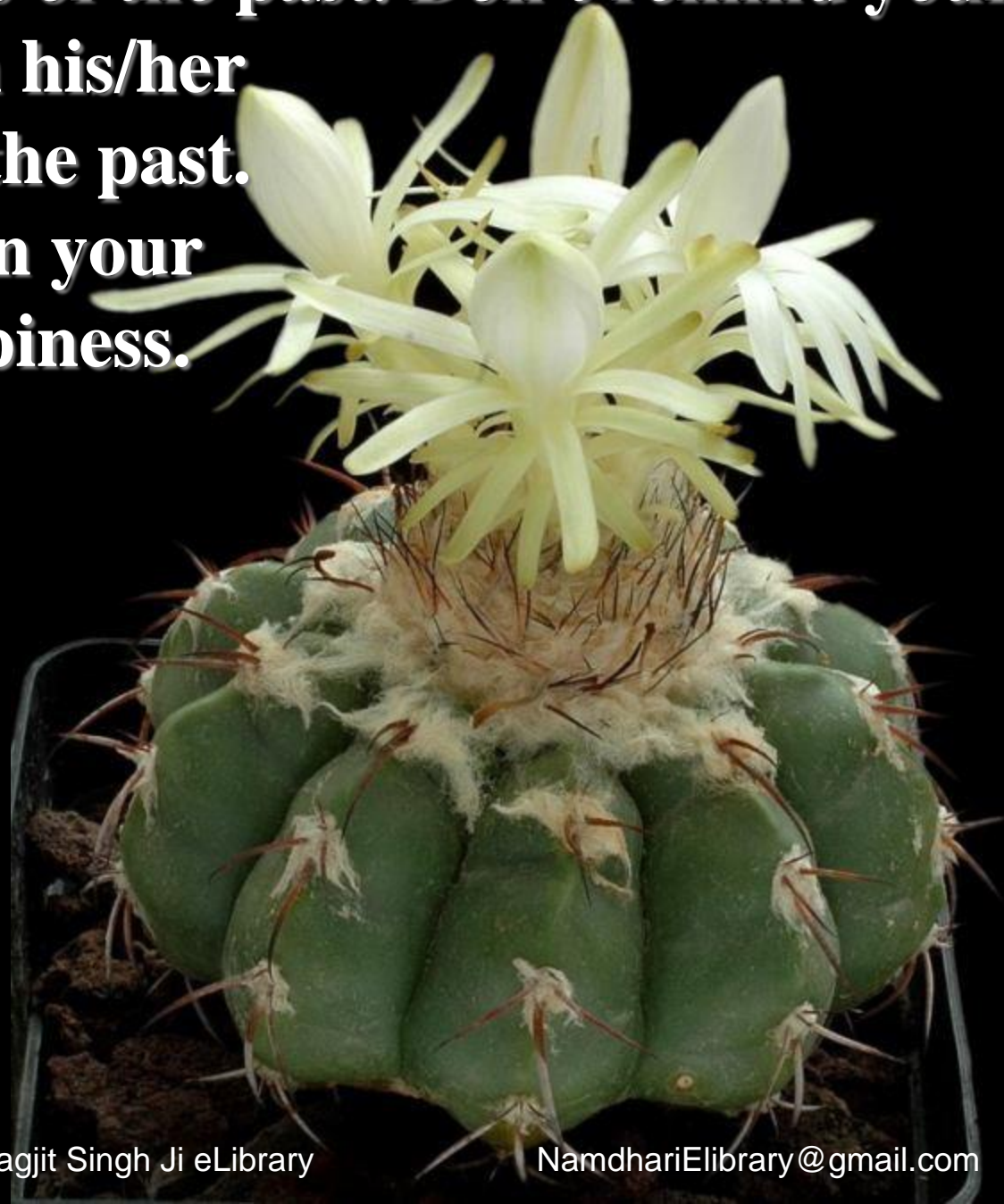


**Don't take yourself  
so seriously.**

**No one else does.**

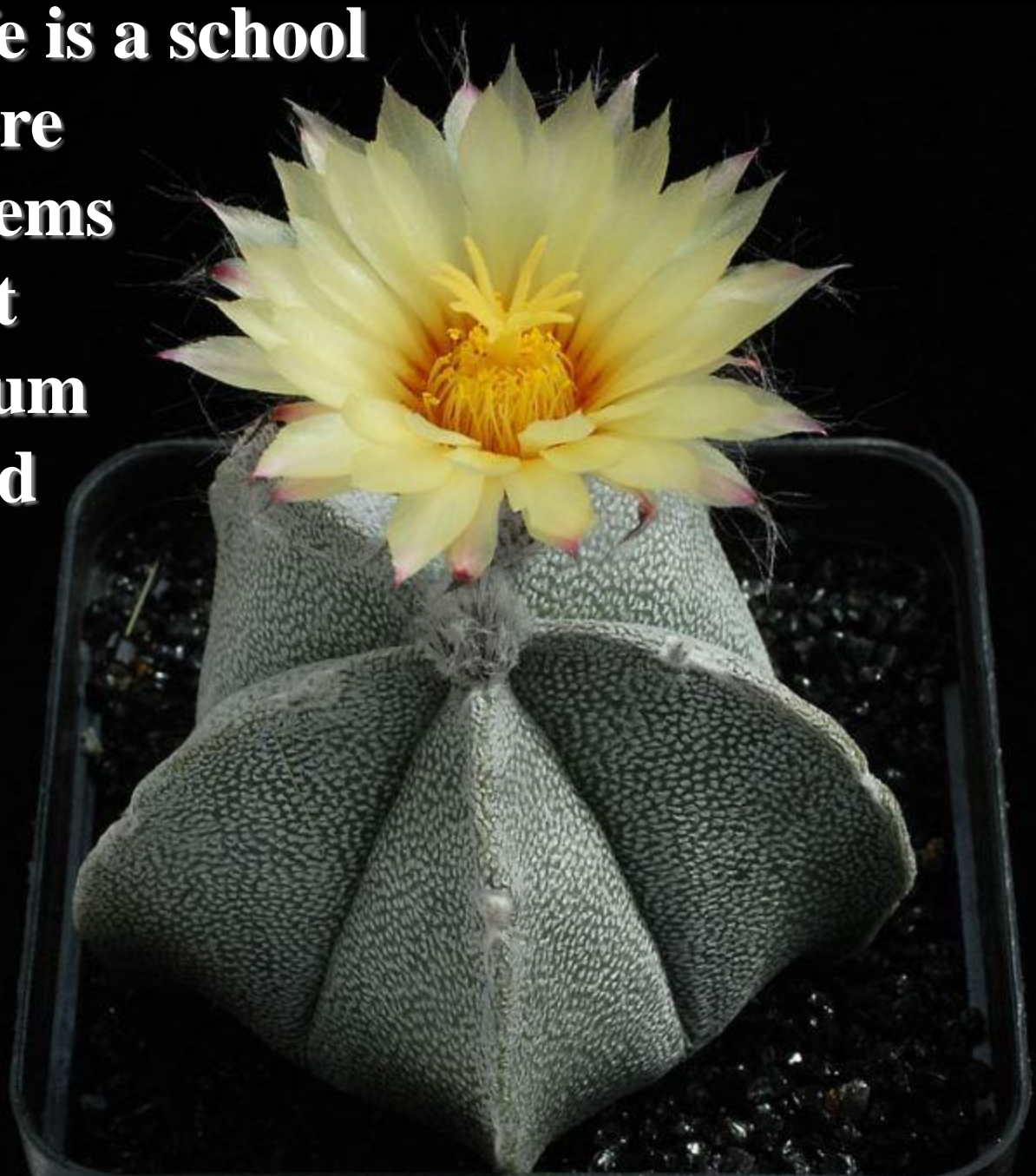


**Forget issues of the past. Don't remind your partner with his/her mistakes of the past. This will ruin your present happiness.**





**Realize that life is a school  
and you are here  
to learn. Problems  
are simply part  
of the curriculum  
that appear and  
fade away like  
algebra class,  
but the lessons  
you learn  
will last  
a lifetime.**



**You don't have to win every argument.  
Agree to disagree.**

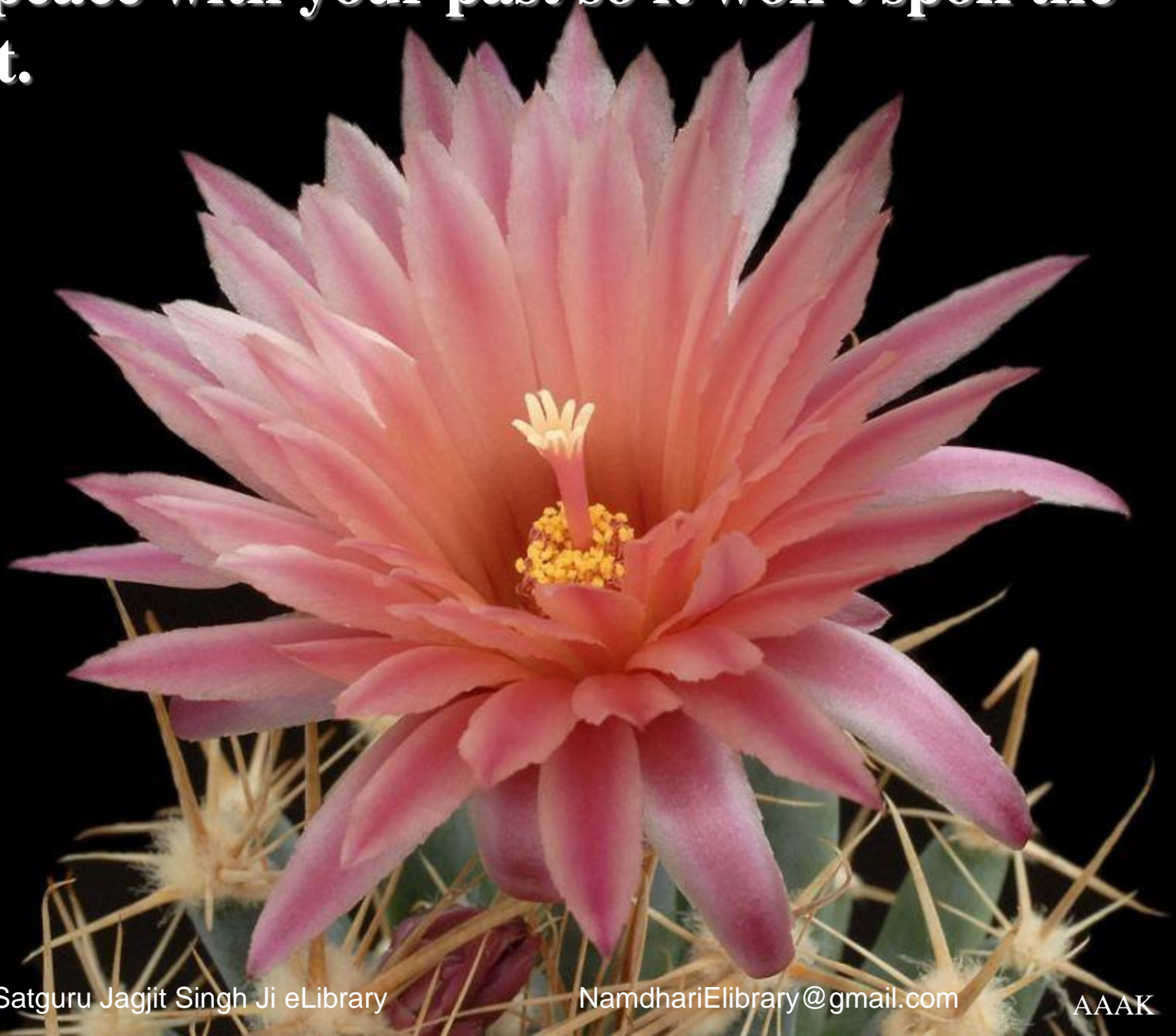




**Don't compare your life to others'. You have no idea what their journey is all about.**



**Make peace with your past so it won't spoil the present.**





**Your job won't take care of you when you are sick. Your friends will.  
Stay in touch.**



**Forgive everyone for everything.**





**What other people think of you is none of your business.**



**However good or  
bad a situation is,  
it will change.**

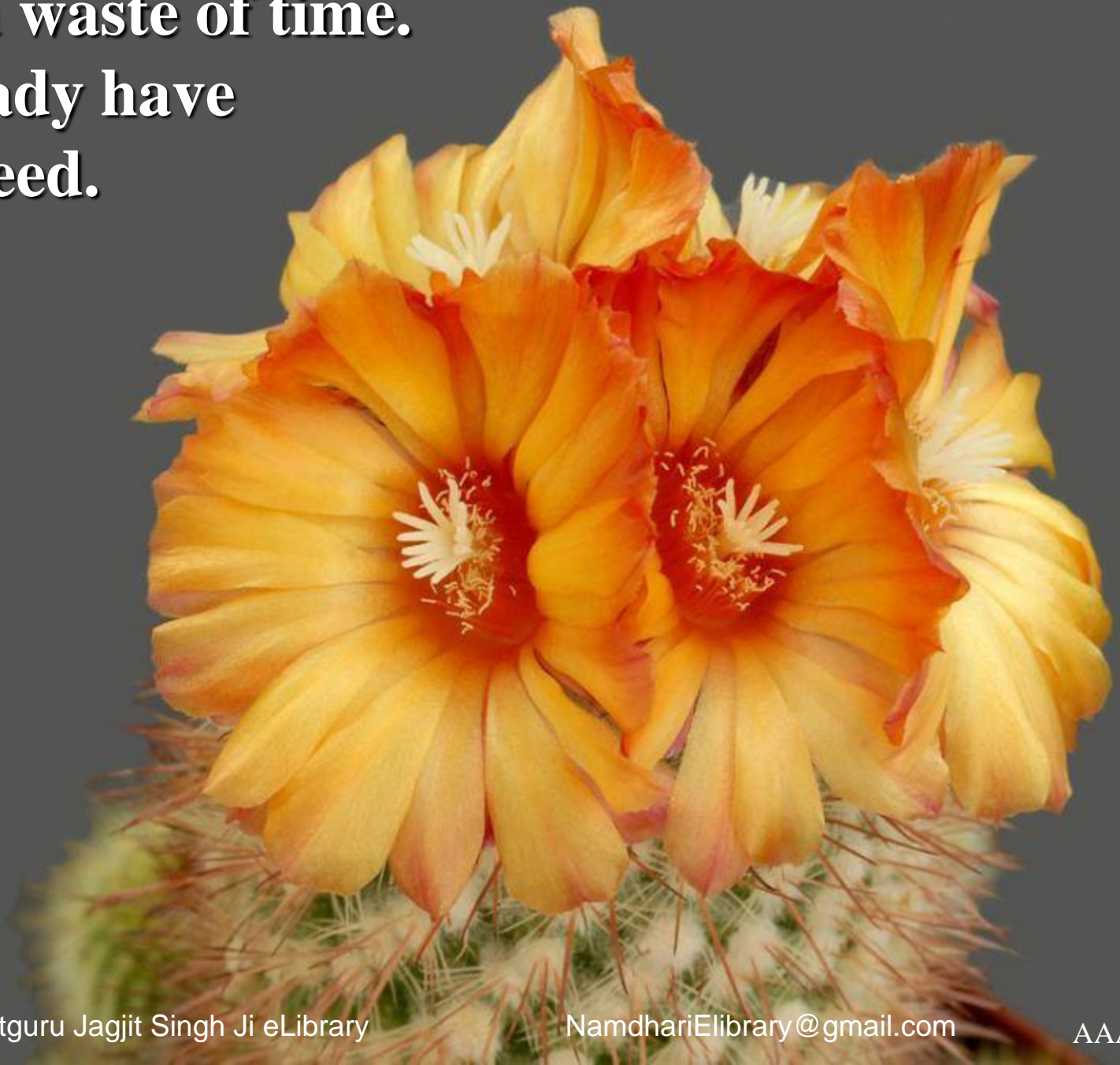




**Get rid of anything  
that isn't useful,  
beautiful  
or joyful.**



**Envy is a waste of time.  
You already have  
all you need.**





**The best is yet to come.**





**No matter how you feel, get up, dress up  
and show up.**





**Don't over do. Keep your limits.**





**Your inner most is always happy. So be happy.**



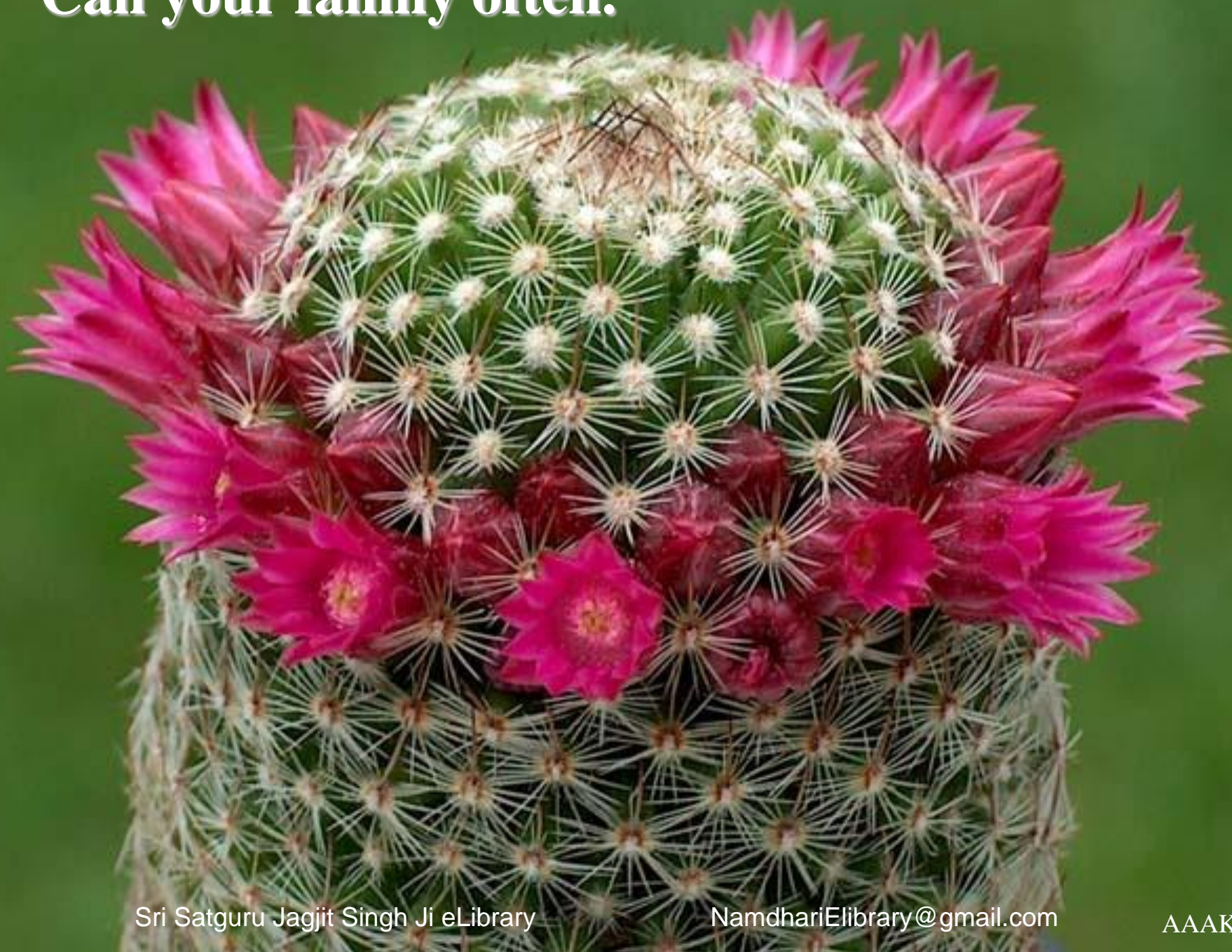


**Do the right thing!**





**Call your family often.**





**Each day give something  
good to others.**



**Forward this to everyone you care about.**



**THE  
END**

